

# 2001 California Dietary Practices Survey

**Table 5: Healthy Eating Practices Score, Trends 1991-2001**

	Mean Healthy Eating Practices Score						Percent Change				
	1991	1993	1995	1997	1999	2001	1991-93	1993-95	1995-97	1997-99	1999-01
<b>Total</b>	<b>3.1</b>	<b>3.1</b>	<b>3.1</b>	<b>3.0</b>	<b>3.0</b>	<b>2.7</b>	<b>NC</b>	<b>NC</b>	<b>-0.1</b>	<b>NC</b>	<b>-0.3</b>
<i>Sex</i>											
Males	3.0	3.1	3.1	3.0	2.9	2.7	0.1	NC	-0.1	-0.1	-0.2
Females	3.1	3.2	3.2	3.1	3.0	2.7	0.1	NC	-0.1	-0.1	-0.3
<i>Males</i>											
18 - 24	3.1	3.0 <sup>a</sup> ***	3.2 <sup>ab</sup> **	3.1 <sup>a</sup>	2.9 <sup>ab</sup> *	2.5 <sup>a</sup> *	-0.1	0.2	-0.1	-0.2	-0.4
25 - 34	2.8	2.8 <sup>a</sup>	2.9 <sup>a</sup>	2.8 <sup>a</sup>	2.7 <sup>a</sup>	2.8 <sup>ab</sup>	NC	0.1	-0.1	-0.1	0.1
35 - 50	3.0	3.0 <sup>a</sup>	2.8 <sup>a</sup>	2.9 <sup>a</sup>	3.0 <sup>ab</sup>	2.6 <sup>a</sup>	NC	-0.2	0.1	0.1	-0.4
51 - 64	3.0	3.0 <sup>a</sup>	3.2 <sup>ab</sup>	2.9 <sup>a</sup>	2.7 <sup>a</sup>	2.6 <sup>ab</sup>	NC	0.2	-0.3	-0.2	-0.1
65+	3.4	3.8 <sup>b</sup>	3.6 <sup>b</sup>	3.3 <sup>b</sup>	3.4 <sup>b</sup>	3.2 <sup>b</sup>	0.4	-0.2	-0.3	0.1	-0.2
<i>Females</i>											
18 - 24	2.6 <sup>a</sup> ***	2.9 <sup>a</sup> **	2.6 <sup>a</sup> ***	3.1 <sup>a</sup> **	2.7 <sup>a</sup> *	2.4 <sup>a</sup> *	0.3	-0.3	0.5	-0.4	-0.3
25 - 34	3.1 <sup>a</sup>	3.2 <sup>ab</sup>	3.0 <sup>ab</sup>	2.9 <sup>a</sup>	3.0 <sup>ab</sup>	2.7 <sup>ab</sup>	0.1	-0.2	-0.1	0.1	-0.3
35 - 50	3.0 <sup>a</sup>	3.2 <sup>ab</sup>	3.3 <sup>b</sup>	3.1 <sup>a</sup>	2.9 <sup>ab</sup>	2.7 <sup>ab</sup>	0.2	0.1	-0.2	-0.2	-0.2
51 - 64	3.1 <sup>ab</sup>	2.9 <sup>a</sup>	3.1 <sup>ab</sup>	3.0 <sup>a</sup>	3.1 <sup>ab</sup>	2.6 <sup>ab</sup>	-0.2	0.2	-0.1	0.1	-0.5
65+	3.7 <sup>b</sup>	3.6 <sup>b</sup>	3.9 <sup>c</sup>	3.5 <sup>b</sup>	3.3 <sup>b</sup>	3.0 <sup>b</sup>	-0.1	0.3	-0.4	-0.2	-0.3
<i>Ethnicity</i>											
White	3.2 <sup>c</sup> **	3.3 <sup>bc</sup> ***	3.2 <sup>bc</sup> ***	3.1 <sup>bc</sup> ***	3.1 <sup>b</sup> ***	2.8 <sup>c</sup> ***	0.1	-0.1	-0.1	NC	-0.3
Hispanic	2.9 <sup>bc</sup>	3.1 <sup>c</sup>	3.4 <sup>c</sup>	3.3 <sup>c</sup>	3.1 <sup>b</sup>	2.7 <sup>bc</sup>	0.2	0.3	-0.1	-0.2	-0.4
Black	2.7 <sup>a</sup>	2.8 <sup>a</sup>	2.5 <sup>a</sup>	2.2 <sup>a</sup>	2.1 <sup>a</sup>	2.3 <sup>a</sup>	0.1	-0.3	-0.3	-0.1	0.2
Asian/Pacific Islander					2.1 <sup>a</sup>	2.4 <sup>abc</sup>					0.3
<i>Education</i>											
Less than high school	2.9 <sup>ab</sup> ***	3.1 <sup>a</sup> ***	3.5 <sup>c</sup> **	3.0 <sup>ab</sup> ***	2.8 <sup>a</sup> ***	2.6 <sup>a</sup> ***	0.2	0.4*	-0.5*	-0.2	-0.2
High school graduate	2.7 <sup>a</sup>	2.8 <sup>a</sup>	3.0 <sup>ab</sup>	2.8 <sup>a</sup>	2.7 <sup>a</sup>	2.6 <sup>a</sup>	0.1	0.2	-0.2	-0.1	-0.1
Some college	3.1 <sup>bc</sup>	3.0 <sup>a</sup>	3.0 <sup>a</sup>	3.0 <sup>a</sup>	3.0 <sup>ab</sup>	2.6 <sup>a</sup>	-0.1	NC	NC	NC	-0.4
College graduate	3.4 <sup>c</sup>	3.4 <sup>b</sup>	3.3 <sup>bc</sup>	3.3 <sup>b</sup>	3.2 <sup>b</sup>	3.0 <sup>b</sup>	NC	-0.1	NC	-0.1	-0.2
<i>Income</i>											
Less than \$15,000	3.1	2.9	3.1	2.8 <sup>a</sup> **	2.9 <sup>ab</sup> **	2.5	-0.2	0.2	-0.3*	0.1	-0.2
\$15,000 - 24,999	3.0	3.1	3.2	3.1 <sup>a</sup>	2.7 <sup>a</sup>	2.8	0.1	0.1	-0.1	-0.4*	-0.3
\$25,000 - 34,999	3.0	3.0	3.0	3.3 <sup>b</sup>	2.9 <sup>ab</sup>	2.8	NC	NC	0.3	-0.4*	-0.1
\$35,000 - 49,999	3.0	3.2	3.2	3.0 <sup>a</sup>	3.1 <sup>ab</sup>	2.7	0.2	NC	-0.2	0.1	0.1
\$50,000+	3.2	3.3	3.1	3.0 <sup>a</sup>	3.2 <sup>b</sup>	2.8	0.1	-0.2	-0.1	0.2	NC
<i>Physically Active</i>											
Did not meet recommendations						2.5 ***					
Met recommendations						2.9					
<i>Overweight Status</i>											
Overweight/Obese						2.7					
Not overweight						2.7					

<sup>1</sup> The score reflects the average of healthy eating behaviors practiced on the previous day. The score was calculated based upon one point each for: having fruit and a vegetable; eating 5 or more servings of fruits and vegetables; having any milk, yogurt or cheese; having any 1% or fat free milk or yogurt; having whole grain breads/ corn tortillas; having any high fiber cereal; and having any beans. The maximum points was seven.

A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA).

Categories sharing a common superscript (a, b, c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

\* p<.05

\*\* p<.01

\*\*\* p<.001